



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 15003, Fish, bass, fresh water, mixed species, raw**

**Report Date: June 25, 2017 17:15 EDT**

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 79g	3.0 oz 85g
<b>Proximates</b>						
Water	g	75.66	16	0.694	59.77	64.31
Energy	kcal	114	--	--	90	97
Energy	kJ	477	--	--	377	405
Protein	g	18.86	16	0.506	14.90	16.03
Total lipid (fat)	g	3.69	17	--	2.92	3.14
Ash	g	1.52	16	0.292	1.20	1.29
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<b>Minerals</b>						
Calcium, Ca	mg	80	2	--	63	68
Iron, Fe	mg	1.49	2	--	1.18	1.27
Magnesium, Mg	mg	30	2	--	24	26
Phosphorus, P	mg	200	2	--	158	170
Potassium, K	mg	356	11	--	281	303
Sodium, Na	mg	70	2	--	55	60
Zinc, Zn	mg	0.65	62	0.129	0.51	0.55
Copper, Cu	mg	0.093	51	--	0.073	0.079
Manganese, Mn	mg	0.889	21	--	0.702	0.756
Selenium, Se	µg	12.6	--	--	10.0	10.7
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	2.0	--	--	1.6	1.7
Thiamin	mg	0.075	--	--	0.059	0.064

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 79g	3.0 oz 85g
Riboflavin	mg	0.074	--	--	0.058	0.063
Niacin	mg	1.250	--	--	0.988	1.062
Pantothenic acid	mg	0.750	--	--	0.593	0.637
Vitamin B-6	mg	0.120	--	--	0.095	0.102
Folate, total	µg	15	--	--	12	13
Folic acid	µg	0	--	--	0	0
Folate, food	µg	15	--	--	12	13
Folate, DFE	µg	15	--	--	12	13
Vitamin B-12	µg	2.00	--	--	1.58	1.70
Vitamin A, RAE	µg	30	--	--	24	26
Retinol	µg	30	--	--	24	26
Vitamin A, IU	IU	100	--	--	79	85
<b>Lipids</b>						
Fatty acids, total saturated	g	0.780	--	--	0.616	0.663
14:0	g	0.087	9	--	0.069	0.074
16:0	g	0.593	9	--	0.468	0.504
18:0	g	0.100	9	--	0.079	0.085
Fatty acids, total monounsaturated	g	1.431	--	--	1.130	1.216
16:1 undifferentiated	g	0.382	9	--	0.302	0.325
18:1 undifferentiated	g	0.991	9	--	0.783	0.842
20:1	g	0.057	2	--	0.045	0.048
Fatty acids, total polyunsaturated	g	1.062	--	--	0.839	0.903
18:2 undifferentiated	g	0.087	9	--	0.069	0.074
18:3 undifferentiated	g	0.111	9	--	0.088	0.094
18:4	g	0.039	6	--	0.031	0.033
20:4 undifferentiated	g	0.144	9	--	0.114	0.122
20:5 n-3 (EPA)	g	0.238	9	--	0.188	0.202
22:5 n-3 (DPA)	g	0.084	9	--	0.066	0.071
22:6 n-3 (DHA)	g	0.357	9	--	0.282	0.303
Cholesterol	mg	68	2	--	54	58
<b>Amino Acids</b>						
Tryptophan	g	0.211	--	--	0.167	0.179
Threonine	g	0.827	--	--	0.653	0.703

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 79g	3.0 oz 85g
Isoleucine	g	0.869	--	--	0.687	0.739
Leucine	g	1.533	--	--	1.211	1.303
Lysine	g	1.732	--	--	1.368	1.472
Methionine	g	0.558	--	--	0.441	0.474
Cystine	g	0.202	--	--	0.160	0.172
Phenylalanine	g	0.736	--	--	0.581	0.626
Tyrosine	g	0.637	--	--	0.503	0.541
Valine	g	0.971	--	--	0.767	0.825
Arginine	g	1.128	--	--	0.891	0.959
Histidine	g	0.555	--	--	0.438	0.472
Alanine	g	1.140	--	--	0.901	0.969
Aspartic acid	g	1.931	--	--	1.525	1.641
Glutamic acid	g	2.815	--	--	2.224	2.393
Glycine	g	0.905	--	--	0.715	0.769
Proline	g	0.667	--	--	0.527	0.567
Serine	g	0.769	--	--	0.608	0.654
<b>Other</b>						